

An incision is the cut in your skin made during your surgery.

The incision may be sewn closed (stitches), glued, stapled, or taped.

Taking care of your incision after your surgery is important to reducing the chance of getting an infection and helping you to return to normal sooner.



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Incision Care

Instructions and Q&A



1**Can I take a bath when I get home?**

- DO NOT take a bath, sit in a hot tub, or get into a swimming pool.
- DO NOT soak your incision in water.
- YOU CAN take a shower every day beginning the day after you get home.

2**How do I manage my incision when taking a shower?**

- BEFORE EACH SHOWER gather a clean wash rag/cloth, a bath towel, underclothes (underwear and bra) and clothes. These should be freshly washed.
- TAKE A SHOWER, not a bath, every day beginning the day after you get home. Stand so that the shower stream does not spray directly onto your incision.
- CLEAN YOUR INCISION using plain soap on the clean, wet wash rag/cloth. Gently soap your incision and then the rest of your body. Then rinse your body and your incision, without letting the shower stream spray directly onto your incision. Do not scrub your incision.
- PAT YOUR INCISION DRY using the clean bath towel, and then dry the rest of your body.
- DO NOT USE alcohol, peroxide, or iodine to clean your incision.
- DO NOT APPLY lotions, creams, or herbal remedies to your incision.
- WEAR newly washed underclothes (underwear, bra) and clothes.

3**What if I cannot shower?**

- TAKE A SPONGE BATH every day beginning the day after you get home.
- BEFORE EACH SPONGE BATH gather two clean wash rags/cloths, a bath towel, underclothes (underwear and bra) and clothes. These should be freshly washed.
- FOR YOUR SPONGE BATH sit in a chair. Use plain soap on a clean, wet wash rag/cloth to gently soap your body starting with your face, then your neck, chest and back, arms, underarms, legs and then your private parts. DO NOT touch your incision. Rinse the wash rag/cloth and then wipe the soap off of your body.
- DRY YOUR BODY using the clean bath towel, being careful not to touch your incision.
- CLEAN YOUR INCISION using plain soap and the second clean wash rag/cloth. Wet and soap the clean wash rag/cloth. Gently soap your incision to remove any old blood or drainage. Do not scrub your incision.
- RINSE YOUR INCISION using the rinsed wash rag/cloth to gently remove the soap. Do not rub hard.
- PAT YOUR INCISION DRY using the clean bath towel.
- DO NOT USE alcohol, peroxide, or iodine to clean your incision.
- DO NOT APPLY lotions, creams, or herbal remedies to your incision.
- WEAR newly washed underclothes (underwear, bra) and clothes.

4**What should I do if my incision bleeds?**

- PLACE a clean, dry dressing/gauze over the area that is bleeding.
- APPLY gentle pressure for a two (2) to three (3) minutes. Do not push too hard.
- The bleeding should stop after two (2) to three (3) minutes.

5**When to call the doctor?**

- If the bleeding does not stop after you follow the instructions listed on number 4 above.
- If your incision breaks open.
- If the redness around your incision increases or spreads more than a half of inch from your incision.
- If you see pus coming from your incision.
- If you get a temperature of 100.5 degrees or higher.